

 new class

STUDIO 1

MORNING

MID-DAY

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8:30 – 9:30 am Forest Yoga [Patricia]	6:15 – 7:15 am Circuit Step [Karen L.]		6:00-7:00am Body Sculpting +15 min abs [Karen P.]	6:15-7:00am Body Sculpting [Felicity]	9:00-10:00am Cardio [Karen]
MID-DAY	11:00-12:00pm Step +15 min abs [Jim]	11:00-12:00pm  [Dana]	11:00-12:00pm Step [Karen P.]	11:00-12:00pm  [Dana]	11:00-12:00pm  [Yvonne]	10:00-11:00am Body Sculpting [Mary]
	12:00 – 12:30pm 30 minute Circuit Training [Terence]		12:00 – 12:30pm 30 minute Circuit Training [Terence]	12:00-12:45pm Cardio Dance [Angela]		11:00 – 12:00 am Core Ball Workout [Olga]
EVENING	4:45 – 5:15pm 30 minute Circuit Training [Terence]	4:30 - 5:15pm Body Sculpting [Mae]	4:30 – 5:15 pm Box N Burn [Michelle]		4:30-5:30pm Step [Jim]	12:00 – 1:00 pm  [Kellie or Kathryn]
	5:15-6:00pm Cardio Dance [Heather]	5:15-6:00pm Kickboxing [Bryan]	5:15-6:15 pm  [Leslie]	5:15-6:15pm Body Sculpting +15 min abs [Heather]		<div> **Schedule subject to change without notice. ***Online Schedule can be found at www.starport.jsc.nasa.gov **Instructors are Group Exercise and CPR/AED certified </div>
	6:00-7:00pm  [Yvonne]	6:00-7:00pm Dancers Sculpt [Heather]	6:30 – 7:30 pm Zumba [Cristi]	6:15-7:15pm  [Leslie]		